

Asian style Green Mango salad

By Erin Vaid of Alawa Primary School



Mangoes come into season once a year, around the build up time in the top end. Any mangoes can be used green, but some varieties are grown with this use in mind.

2-3 green mango
2 spring onions
1 chili
6 basil leaf
1 bunch coriander
½ cup peanuts, roasted
10 Vietnamese mint leaf

Dressing-

2x tablespoons fish sauce
2x tablespoon peanut or sesame oil
Juice of 2 limes
1x tablespoon grated palm sugar

Green Mango salad with coconut and mint

- **Peel and slice the mango in fine julienne slices or alternatively you can grate it. Place in a medium size bowl.**
- **Cut the chili finely, cut the spring onions on the diagonal and tear up the basil, coriander and mint add to the sliced mango.**

For the dressing

- **Using a mortar place the palm sugar in and pound it until it is crushed, add the fish sauce, oil, and lime juice mix to combine.**
- **Add to the mango and allow to marinate for 10 minutes before serving.**